

**Impact
Factor
3.025**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

UGC Approved Monthly Journal

VOL-IV

ISSUE-XII

Dec.

2017

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Physical Education : Important Part of Child's Development in School Curriculum

Dr. Vishal K. Dube

Rajeshwarrao Patil
(B.Ed College) Mukramabad
S.R.T.M.U.Nanded

Introduction

Physical education

Physical education is education through the physical" it aims to develop students physical competence & knowledge of movement & safety & their ability to use these to perform in a wide range of activities associated with the development of an active & healthy lifestyle

It also develops students confidence & generic skills specially those of collaboration communication these together with the nurturing of positive values & attitudes in PE, Provide a good foundation for student lifelong & life wide learning.

As a school subject physical education is focused on teaching school aged children the science & methods of physically active healthful living it is an avenue for engaging in develop mentally appropriate physical activities designed for children to develop their fitness, gross motor skills & health.

Physical education become a subject matter in schools form of German & Swedish at the beginning of the 19th century its role in human health was quickly recognized by the truth of the forth century personal. Hygiene & exercise for bodily health were. In incorporated in the physical education curriculum as the major learning out comes for students.

Approaches to physical education in schools

- 1) Because it is quadrant eed to reach virtually all children physical education is the only sure opportunity for nearly all school age child ren to acless heath enhan cing physical activities.
- 2) Students are more physically active on days on which they have physical education.
- 3) Quality physical education has strong supports from both parents & child health professional organizations.
- 4) Substantial discrepancies exist in state mandates regarding the time allocated ofr physical education.
- 5) The long term impact of physical education has been ander studied & should be a research priority to support the development of evidence based policy.

Develops motor skills

Physical education in high schools is essential to the development of motor skills & the enhancement of reflexes hand eye coordination or improved as well as good body movements, which helps in the development of a healthy body posture.

Health & nutrition

Physical education teaches students the importance of physical health. high school is an age where students misinterpret the meaning of " overweight" & eating disorders prevail. Physical health & education informs students on sound eating practices & the essential guidelines for nutrition.

Relieves stress

High school students have substantial amounts of stress due to curriculum, homework, families & peer pressures. Involvement on sports recreational activities in other forms of physical fitness is a method of stress relief.

Importance of physical education in high school

There are many benefits students receive from high school physical education classes that contribute to students becoming responsible adults who are aware of the importance of a healthy lifestyle. High school students retain a higher level of knowledge related to overall health that helps them make education decisions regarding their own health, safety & well-being.

➤ **Regular fitness activity**

Physical fitness is an important component to leading a healthy lifestyle. The inclusion of regular fitness activity helps students maintain fitness, develop muscular strength & improve cardiovascular health. A regular fitness activity improves the absorption of nutrients by the body, improves digestive processes & increases physiological processes.

➤ **Build self confidence**

The participation in physical education in high school provides a positive influence on a student's personality, character & self-esteem. It enhances communication skills & the skills required to get along & cooperate with students of varying ethnic backgrounds & personalities.

➤ **The main purpose of health & wellbeing within curriculum for excellence is to develop the knowledge & understanding skills, capabilities & attributes necessary for mental, emotional, social & physical wellbeing now & in the future.**

The rationale behind this is that learning through health & wellbeing enables children & young people to make informed decisions in order to improve their mental, emotional, social & physical wellbeing. They experience challenge & enjoyment, experience positive aspects of healthy living & activity for themselves, apply their mental, emotional & social skills to pursue a healthy lifestyle. Make a successful move to the next stage of education or work, establish a pattern of health & wellbeing which will be sustained into adult life & which will help to promote the health & wellbeing of the next generation of children & for some perform at high levels in sport or prepare for careers within the health & leisure industries.

Conclusions :-

Children are becoming overweight due to the fact that they do not participate in physical activity or know the importance of physical education. Science children are becoming overweight, parents need to have their children participating in physical activity from birth because physical education will teach students how to take care of themselves properly.

This is important because when someone is educated about the importance of their health, then it will cause them to live a healthy lifestyle.

References

- 1) Almond L. (1997) physical education in schools (2nd ed.) London : Kogan Page LTD
- 2) Arnold P. (1979) meaning in movement sport & physical education (1st ed.) London : Heinemann education books LTD

- 3) Cale L. & harris J (eds) (2005) exercise & young people issues implication & initiatives vasing stoke palrave macmillan.
- 4) Cohen D, & hill H. (2001) learning police when state education reform works. New heaven CT: yale university press.
- 5) Department of education & skills (2006) learning through PE & sport London department of education & skills.

